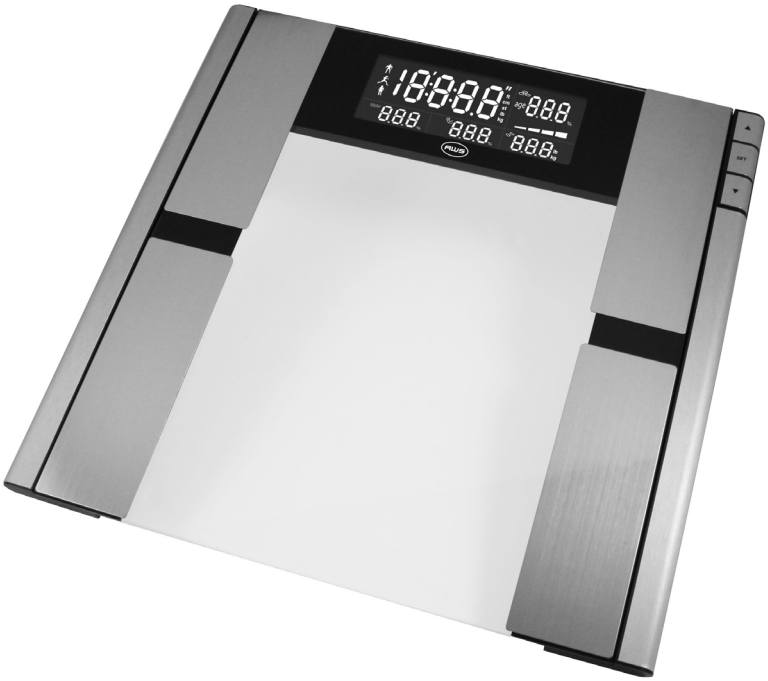
QUANTUM

Body Composition Scale



396lb x 0.2lb
180kg x 0.1kg

Quantum Manual

Thank you for purchasing the American Weigh Quantum Body Composition Scale. Please read all operating instructions carefully before use. Scales are precision instruments and should always be handled with proper care.

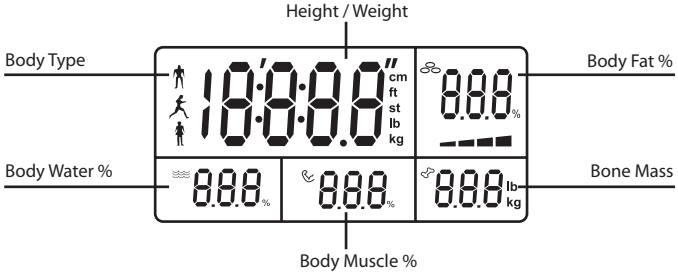
Special Note on Body Composition Analysis

Body fat scales and analyzers use bioelectrical impedance analysis (BIA) technology to calculate body fat %. This technology works by measuring the resistance (impedance) of small electrical currents through your body. When the user's height and body impedance are known, the scale can accurately determine total body water (TBW) and fat-free mass (FFM). Fat-free mass is then subtracted from your total body weight to obtain your body fat mass.

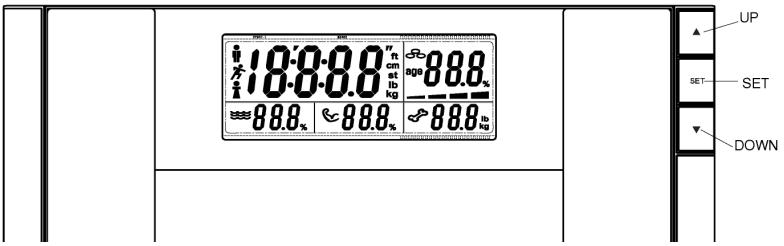
This scale should be used while barefooted. Measurement errors can arise if weighing while wearing socks or pantyhose. To avoid slipping, do not step on the scale with wet feet. Do not use the scale on carpet.

Although BIA method uses a safe, low level of electrical current, users with pacemakers or other electric medical devices or implants should not operate this scale.

I. Display Overview



II. Key Functions



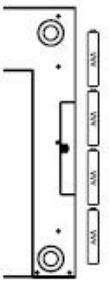
▲ - Increase Current Setting Value

SET - Enter Setup / Confirm

▼ - Decrease Current Setting Value

III. Battery Installation

This scale should come with batteries in the box. To install the batteries, turn the scale over and remove the battery cover. Insert four (4) AAA batteries according to the diagram inside the battery compartment. Replace the battery cover.



IV. Turning the Scale On and Off
This scale has an Auto-On and Auto-Off feature. The scale will automatically turn on when the user steps on the platform and automatically turn off after the user steps off the platform. This scale is ready to weigh, and does not require tapping first before stepping on the scale.

V. Changing Weighing Units
To change the current weighing unit, use the "kg/st/lb" button on the bottom side of the scale. Notice the display will change between kg, st:lb, and lb with each button press.

VI. Entering Personal Data
Before you can use this scale's body composition features (such as body fat), you must enter your personal data. The scale can remember personal data for up to 8 different users.

- Press the "SET" button to enter setup mode.
- P# will flash on the display (where # is the User ID, 1-8).
- Use ▲ and ▼ to change the number and press "SET" to confirm.
- The display will then prompt you to select your body physique. Use ▲ and ▼ to choose the icon that corresponds with your personal body physique (female,

male, athelete mode) and press SET to confirm.

- The display will prompt you to select your height. Use ▲ and ▼ to change the height and press "SET" to confirm.
- The display will prompt you to select your age. Use ▲ and ▼ to change the number and press "SET" to confirm.
- The scale will return to weighing mode after confirming your personal data.

VII. Weighing and Analyzing

Without entering personal data:

- Step onto the scale to activate the Auto-On feature.
- If the user is not automatically recognized, only the body weight information is displayed for 6 seconds. The scale will then turn off automatically.

With personal data entered:

- Step onto the scale to activate the Auto-On feature.
- The scale should automatically recognize the user and

display their User ID. Press SET to confirm the User ID.

- After the User ID is confirmed the body composition data such as body fat, water, muscle, and bone is displayed for 20 seconds. The scale will then turn off automatically.

VIII. Body Composition Charts

Body Fat %

Age	Female				Male			
	Under-weight	Healthy	Over-weight	Obese	Under-weight	Healthy	Over-weight	Obese
10-12	<12	12-22	22-30	>30	<8	8-18	18-24	>24
13-18	<15	15-25	25-33	>33	<8	8-18	18-24	>24
19-30	<20	22-31	31-38	>38	<8	8-18	18-24	>24
31-40	<24	24-33	33-40	>40	<11	11-20	20-26	>26
41-50	<24	24-33	33-40	>40	<13	13-22	22-28	>28
51-60	<26	26-35	35-42	>42	<15	15-24	24-30	>30
60+	<28	28-37	37-47	>47	<17	17-25	26-34	>34

Body Water %

Age	Female	Male
	Healthy	Healthy
10-12	>60	>64
13-18	>58.5	>63.5
19-30	>56	>62.5
31-40	>53	>61
41-50	>52	>60
51-60	>51	>59
60+	>50	>58

Body Muscle %

Age	Female	Male
	Healthy	Healthy
10-99	>34	>40

Bone Mass

	Female			Male		
Weight	<100lb	100-130lb	>130lb	<130lb	130-165	>165lb
Bone	4lb	4.8lb	5.5lb	5.5lb	6.4lb	7lb

IX Troubleshooting

Problem: The display shows "- - - -":

Solution: The scale is overloaded. Remove the excess weight.

Problem: The display shows "Lo".

Solution: Battery power is low. Replace the batteries.

Problem: The display shows "Err2".

Solution: There was an error in calculating body composition data. Please try again.

Model	Quantum
Capacity	180kg / 396lb / 28st:5lb
Resolution	0.1kg / 0.2lb / 0.2lb (1.0lb for ≥280lb)
Weighing Units	kg, lb, st:lb
Memory	8 User Memory with Auto Recognition
Scale Dimensions (inches)	11.8 x 12.2 x 0.7”
Power	4 x AAA Batteries (included)
Warranty	10 Year Warranty

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